

JUNE 2015



FIFTY PLUS

Activities, Classes & Events for Adults, Fifty Plus & Seniors

\$ Advance payment required for registration. ☎ Advance registration, call 455-4115 or number listed with activity. Payment, if required, accepted onsite. Evening/ weekend activities & times listed in "GREEN" throughout the newsletter. City of Lynchburg Residents...Look for the "LR" symbol to find your discounted fee.

TEMPLETON SENIOR CENTER (TSC) 225 Wiggington Road - 455-4115

Explore your creative side...

ALL ABOUT ART DAY

Saturday, June 6.

Drawing, watercolors, oils, acrylics and more! Three great artist/instructors offering six fun classes! Read on for details. Register individually for each class. For more information call 455-4115.

\$ Acrylics Bird's Nest

Learn basic acrylic painting techniques as the instructor takes you step by step through the painting process. Complete a beautifully painted bird's nest. Students should bring their own set of acrylic brushes. Paint and canvas board furnished.

Instructor: Betty Leary

Register and pay by 6/4.

Fee: \$45.00 LR: \$30.00

74405.221

S 6/6 12:30pm-3:30pm

\$ Acrylic Painted Floor Cloth

Using acrylic paints, you can transform plain canvas into a decorative floor cloth. The colorful birdhouse design adds a whimsical touch to any setting. All supplies furnished. Instructor: Betty Leary

Register and pay by 6/4.

Fee: \$45.00 LR: \$30.00

74405.220

S 6/6 9:00am-12:00pm

\$ Basic Drawing

Learn basic pencil drawing and sketching, perspective and depth as the instructor opens your eyes to a new way of looking at objects.

Instructor: Virginia Klute

Register and pay by 6/4.

Fee: \$45.00 LR: \$30.00

74401.221

S 6/6 10:00am-12:00pm

\$ Beach Scene in Oils

Enjoy a morning at the beach. Paint your own version of sun, sand and surf from the sample picture as the instructor guides you through the process. Students need to bring their 11" x 14" canvas and their own oil painting brushes.

Instructor: Rodney Laughon

Register and pay by 6/4.

Fee: \$45.00 LR: \$30.00

74400.223

S 6/6 9:00am-12:00pm

\$ Mountain Stream in Oils

Envision a cool mountain stream as you create your own landscape on canvas. Using a photo as your guide, the instructor will walk you through the steps of color mixing, blending and design. Students need to bring their own 11" x 14" canvas and oil painting brushes.

Instructor: Rodney Laughon

Register and pay by 6/4.

Fee: \$45.00 LR: \$30.00

74400.224

S 6/6 12:30pm-3:30pm

\$ Watercolor Botanicals

Students will learn basic pencil drawing and sketching, use of color, perspective and depth as they relate to watercolor. Students should bring pointed round sable brushes #4 and #6 and a small blender brush.

Optional: bring your own goose neck light.

Instructor: Virginia Klute

Register and pay by 6/4.

Fee: \$45.00 LR: \$30.00

74401.222

S 6/6 12:30pm-3:30pm



More Creative Opportunities

\$ Beading with Jamie

Learn beading techniques including terms, bead selection, and composition as you design your own beautiful piece of jewelry.

Instructor: Jamie Carlund

Register and pay by 6/19.

Fee: \$10.00

74404.220

Tu 6/23 3:00pm-4:30pm

\$ Painting on Slate

Slate is a wonderful medium for painting and can be used both indoors and out to add a decorative touch. All supplies will be included in this class. Instructor: Linda Duff

Register and pay by 6/5.

Fee: \$18.00 LR: \$12.00

74400.220

M 6/8 6:30pm-8:30pm

\$ Watercolor Express

It's fast and it's fun! Create and complete your own watercolor picture as the instructor takes you step by step through the process. Students should bring their watercolor brushes.

Instructor: Betty Leary

Register and pay by 6/12.

Fee: \$23.00 LR: \$15.00

74401.220

Tu 6/16 1:00pm-4:00pm

\$ Cardio Fit & Tone

This twice-weekly exercise class opens with a cardio workout then focuses on trimming and toning using weights, bands, mats and steps.

Register and pay by first class.

Instructor: Mary Harris

Fee: \$36.00 LR: \$24.00

74209.220

Tu Th 6/2-6/30 5:30pm-6:30pm

\$ COOKING SERIES:

Freezer Meals

What makes a good freezer meal? Discover what foods freeze well, how to prepare them for optimum taste and suggestions for serving. Enjoy sampling a few tasty morsels.

Register and pay by 6/11.

Instructor: Susan Prillaman

Fee: \$5.00

74005.220

M 6/15 6:30pm-7:30pm

Next Class: Summer Produce - 7/21

English Gardens

Join world traveler, Susan Timmons, on her extraordinary journey through the gardens, castles and manors of England. View colorful landscapes and hear her in-depth commentaries on her adventures as you take "A Tour Through Time".

Tu 6/23 10:30am-11:30am

\$ Intergenerational Program:

Cupcake Decorating

Mom, Dad or Grandparents will enjoy spending time with the little ones as together they decorate a dozen mini cupcakes. Cost includes all supplies for one adult and one child. Additional children can be added at a cost of \$2.00/child which includes six additional mini cupcakes.

Register and pay by 6/15.

Fee: \$5.00

73004.220

W 6/17 10:30am-11:30am



Meet the Author

Local playwright, Dawn Wise, will share about her award-winning screenplay, "The Poem", which tells the tragic love story of Bransford Vawter who was a local poet back in the early 1800's. You'll enjoy learning of this piece of local lore, as well as, what it takes to turn a story into a screenplay.

Th 6/18 10:30am-11:30am

\$ Quiche Luncheon

Try a slice of fresh hot bacon and cheese quiche along with salad, fruit, dessert and drink. Come early and enjoy the English Gardens presentation.

Register and pay for lunch by 6/19.

Fee: \$4.00

73000.220

Tu 6/23 11:30am -12:30pm

Video Chair Exercise Class - FREE

Get fit and have fun exercising. It's a great exercise program you can do right from your chair! Challenge yourself as you work out at your pace.

M Tu Th F 6/1-6/30 9:30am-10:15am

WELLNESS SERIES:

Beware of Scams

Anyone can be a target of a scam. Learn how to avoid being a victim as Deborah Bell, a representative from the Attorney General's office, talks about some of the tactics used by criminals to scam the public.

Tu 6/9 10:30am-11:30am

Fall Prevention

Health issues and environmental obstacles contribute to a high number of falls annually. Nancy Downey from Generation Solutions shares ways to help you protect yourself from falls. Being proactive can save you from bumps, bruises and serious injury.

Register by 6/15.

74009.222

Tu 6/16 10:30am-11:30am

Upcoming Wellness programs:

Skin Care and Sun Protection 7/14
Retirement, What Now? 8/11

\$ Yoga

This self-paced class combines stretching, breathing, and holding postures.

Instructor: Debbie Ladd

Register monthly by the first class.

Fee: \$36.00 LR: \$24.00

74203.220

Tu 6/2-6/30 8:15am-9:05am

\$ Zumba at Noon

Zumba is a total workout, combining great elements of fitness including cardio, muscle conditioning, balance and flexibility. Experience boosted energy and fun in every class!

Instructor: Gulshan Ari

Register and pay by first class.

Fee: \$36.00 LR: \$24.00

74205.220

Tu Th 6/2-6/30 12:00pm-12:45pm

\$ Zumba PM

Experience an exhilarating cardio and toning workout, with easy to follow dance moves using Latin inspired music.

Instructor: Kirstin Eubank

Register and pay by first class.

Fee: \$36.00 LR: \$24.00

74208.220

M W 6/1-6/29 5:00pm-5:45pm

Special Interest at TSC

Canasta

Have fun and challenge your brain as you play this popular card game. New players and beginners are welcome.

F 6/5-6/26 9:30am-12:30pm

Current Issues & Events

Join this interactive group as they discuss hot topics in the news.

W 6/10 & 6/24 10:30am-11:30am

Literature for Life

Explore a variety of American Literature and poetry. New comers are welcome.

Th 6/11 10:30am-12:00pm

Mahjong

Enjoy this Chinese tile game of luck, strategy, and skill. Played similarly to Gin Rummy, it's a great way to engage your brain. Beginners and new players are always welcome.

Th 6/4-6/25 9:30am-12:30pm

Social Bridge

Bring your foursome and enjoy time with friends as you play, learn and improve your game.

Tu Th 6/2-6/30 9:30am-12:30pm



SUMMER CONCERT SERIES

Templeton Center

Saturdays 7:00pm-8:30pm

June 13 Smokey Wilson Country Gospel

July 11 Lynch Mountain Ramblers

Blue Grass

August 8 WD & Company

60's Sounds and Beach Music

All concerts are free and open to all ages.

Please join us!

FAIRVIEW CENTER (FC)

3621 Campbell Ave. - 847-1751

Bingo

Enjoy a morning of Bingo fun! Bring two, new, unwrapped gifts to be used as prizes.

W 6/24 10:30am-11:30am

\$ Ceramics Club

Select your own project. Check with Jamey for pieces and pricing.

Register monthly.

Club Fee: \$5.00

W F 6/3-6/26 9:30am-11:30am

\$ Fairview Fitness

Enjoy low impact, self-paced classes with a fast, upbeat routine that helps trim and tone. Instructor: Jan Baker

Register and pay by the first class.

Fee: \$36.00 LR: \$24.00

63303.220

M W F 6/1-6/29 11:30am-12:20pm

Knitting Group

Join fellow knitters in this fun, social knitting group that meets the 3rd Wednesday of every month. Bring your new or current project.

Call Jamey at Fairview 847-1751 for more information.

W 6/17 10:00am-12:00pm

\$ Lunch and Learn: Lynchburg Churches

Learn the colorful history of some of the Lynchburg churches as Whitney Roberts from the Lynchburg Museum presents this informative program.

Following the presentation, enjoy a tasty lunch of either homemade

chicken salad or pimento cheese croissants with chips.

Fee for lunch: \$5.00.

Register and pay by 6/10.

63400.220

W 6/17 11:00am-12:00pm



\$ Pottery: Garden Angels

Using a slab of clay, cut, mold and create a garden angel to adorn your garden. Paint and add your creative touches on week two.

Register and pay by 6/9.

Fee: \$8.00

63600.221

F 6/12 & 6/19 10:30am-11:30am

\$ Spring Luncheon

Enjoy a delicious luncheon including chicken, tasty side dishes, and ice cream sundaes for dessert.

Register and pay by 6/23.

Fee: \$5.00

F 6/26 10:30am-11:15am

Special Interest at FC

Billiards

Two tables are available for recreational billiards.

M W F 6/1-6/29 9:30am-1:00pm

\$ Line Dance

Interested in line dancing for fun?

Join this group of dancers any Wednesday and enjoy an energizing morning.

Fee: \$1.00/class. Pay on site.

W 6/3-6/24 10:30am-11:20am

Social Bridge

Do you enjoy playing bridge and making new friends? Come join the fun at the Fairview Center.

M 6/1-6/29 10:00am-11:30am

OTHER LOCATIONS

\$ Bowling

Enjoy weekly recreational bowling without the cost and commitment of league attendance and play.

Game Fee: \$1.25/game plus tax
Fort Hill Bowling Center,
6015 Fort Ave.

Tu 6/2-6/30 1:00pm-3:00pm

\$ Fifty-Plus Pickleball

Discover the fun of Pickleball! It's a great racquet sport, which combines the elements of badminton, tennis, and table tennis and gives you opportunity to stay fit and have fun. The speed of the ball and the size of the court make this an ideal game for the 50+ crowd. Register and pay monthly by the first day of play. For our registered participants, additional playing time is available on Monday mornings at the newly lined outdoor courts at the Fairview Center. Check in with the staff for equipment/nets.

Staff: Marsha Berry

Fee: \$10.00

Pleasant View Baptist Church,
19278 Forest Road
73703.220

Th 6/4-6/25 2:00pm-5:00pm

\$ Fifty-Plus Softball

Coed games are focused on fun, fitness and friendly competition. Come on out and enjoy a great game. All skill levels welcome. Staff: Lynn Fox
Register and pay monthly by the first day of play. Fee: \$10.00

Peaks View Park, Field # 1
73702.220

W & F 6/3-6/26 9:00am-11:00am

Golden Gourmet @ Olive Garden

Bring a friend, or make new ones, while enjoying local food and having a laugh or two. Bring along a humorous story or joke to share.

Meet at: Olive Garden Restaurant
4039 Wards Road

Register by 6/24. Call 455-4115.

73700.220

F 6/26 11:30am-1:30pm

New Chapter Book Group

A Love Story for this generation, *Me Before You* brings to life two people who couldn't have less in common—a heartbreakingly romantic novel that asks, What do you do when making the person you love happy also means breaking your own heart?

Meet at: The Drowsy Poet,
Givens Book Store,
2236 Lakeside Dr.

M 6/22 10:00am-11:30am

\$ Fifty Plus Putt Putt

Enjoy Miniature Golf each Monday morning. Adults only please.

\$3.00/two games.

No registration required.

Putt-Putt Fun Center,
8105 Timberlake Road

M 6/1-6/29 9:00am-11:00am

\$ Ultimate Frisbee Clinic

Learn the basic skills and rules for this easy and fun sport. Focus will be on throwing forehand and backhand, as well as catching techniques and learning the theory of the game.

Ages 15 and over. Register by 6/3.

Fee: \$10.00

Fairview Center
73709.221

S 6/6 10:00am-12:00pm

Newsletters are available for pick-up at the following locations:

- Lynchburg Community Market
- Lynchburg Public Libraries
- City Hall
- Parks & Rec. Office & Centers
- Lynchburg Visitor's Center
- Central VA Area Agency on Aging
- Beard Center on Aging, Lynchburg College
- Walgreens Pharmacy, Wards Rd.
- Forest Library
- Various doctor's offices



**LYNCHBURG
PARKS & REC**

434-455-5858

www.lyncburgva.gov/parksandrec

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Lynchburg Parks & Recreation Department complies with the Americans with Disabilities Act for qualified individuals. If reasonable accommodation is needed, please tell us upon registering and at least 10 days prior to the class or event.